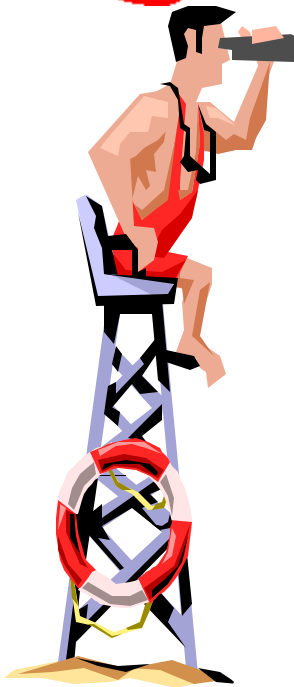


Hampton Parks and Recreation Department

# Get a jump on a summer JOB!

# **LIFEGUARD TRAINING**

## **Registration October 1-16th**



In this course participants (15 yrs and older) will learn through classroom and hands-on practice: surveillance skills for recognizing and preventing injuries, water rescue skills, First Aid and CPR training skills and the responsibilities



**COST: \$75**

(includes book, must purchase pocket mask from the American Red Cross)

#### **Dates:**

October 19th 5-9p  
October 20th 8-5p  
October 21st 8-5p  
October 26th 5-8p  
October 27th 8-5p\*\*  
October 28th 8-5p\*\*  
(\*\*additional dates if needed)



Old Hampton Community  
Center  
201 Lincoln Street  
Hampton  
For more information call  
Nicole @727-1123



#### **Prerequisites:**

A 500 yd swim consisting of:  
-200 yds front crawl w/ rhythmic breathing  
-100 yds breaststroke  
-200yds of either stroke  
and

Retrieval and swim of a 10 lb object from 10 ft

The Hampton Parks and Recreation Department does not discriminate against any person on the basis of race, color, national origin, ancestry, age, marital status, religion, sex or disability. If you are disabled and have need for special accommodations in order to participate, please call us at 727-1601